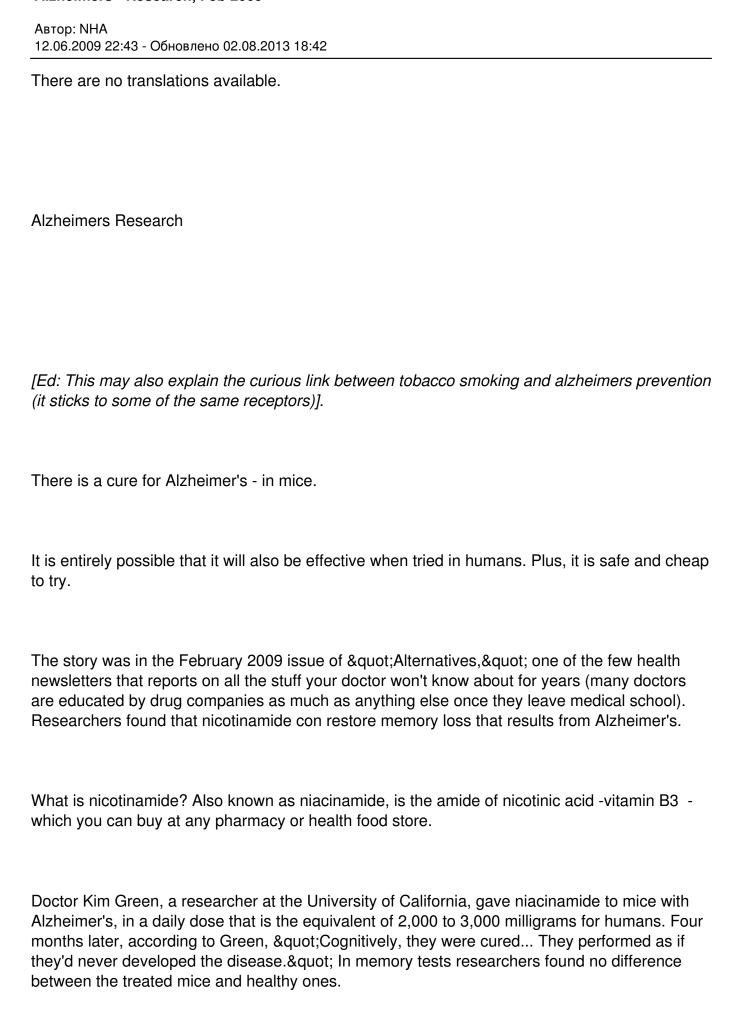
## Alzheimers - Research, Feb 2009



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The niacinamide both restored lost memory ability and protected the mices' brains from further memory loss. It basically prevented cognitive decline from the disease and reversed what damage there was. This could be huge news for sufferers of Alzheimer's.

it's worth noting that according to Doctor David Williams of " Alternatives, " " There has never been a death reported from niacinamide supplementation. " [although more than 3g daily is toxic to the liver]. That's a lot more than what the latest research suggests a person needs for treatment.

Human trials are planned for this year. Alzheimer's patients in the trial will be given 1,500 milligrams of niacinamide twice daily. (The 'control' half will receive a placebo). From other research pointed to by Doctor Williams, it seems that smaller doses spread throughout the day are a better idea. Our bodies may not be able to absorb more than 250 milligrams at a time.

Williams also noted that in using niacinamide to treat other ailments (it's apparently good for many problems associated with aging), the brands which didn't use preservatives appeared to work better. Whether or not this turns out to be a cure for Alzheimer's. it certainly seems to be safe, and the cost is less than \$10 per month.

Sources

Steve Gillman

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Dr David Williams, Alternatives magazine February 2009